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U. S. DEPARTMENT OF AGRICULTURE

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Housekeepers' Chat

(NOT FOR PUBLICATION)

Subject; "Odds and Ends and a Sunday Dinner."

Let's call this odds and ends day. I have a lot of little things to tell you. Helpful hints for upstairs, downstairs and all around the house. Then, there's our usual Sunday menu to be discussed.

First, a suggestion or two for the home dressmaker about the use of elastic in children's clothing. Narrow elastic used in garters, in the legs of bloomers, or around the waist is likely to bind and interfere with the child's circulation. Also narrow elastic is uncomfortable. So it is a good idea to avoid its use for these purposes. Stocking supporters should hang from the shoulders. This will do away with the problem of garters that bind. If elastic must be used in bloomer legs, be sure it is not tight and does not make a mark in the flesh. Many clothing experts believe that for the top of bloomers and small panties wide elastic webbing is best. Why? Because it does not cut nor bind. And it provides a firm fit and thus does away with the need for many buttons, especially those difficult buttons across the back. Do you remember how very hard it was to reach and handle those buttons at the back when you were four or five years old? Clothing specialists at the Bureau of Home Economics suggest that elastic webbing makes a particularly convenient back band for small girls' panties. The webbing holds the panties up close to the back so that only two buttons, one on each side, are needed for the back drop. Buttonholes are put in on tabs of the material which are sewed at either end of the webbing. There is often some difficulty in sewing on elastic successfully. To provide the proper "give" it must be stretched out while it is being sewed on. Pull the webbing out, hold it firmly and sew it to the garment with a long machine stitch. It will spring back to its natural smoothness as soon as you are finished and release it. Perhaps this is a good place to mention the problem of laundering elastic or any fabric containing rubber. In general, heat rots rubber, so elastic material often stretches out and becomes useless if it is laundered in very hot water. However, there are some elastics on the market now that are said to stand boiling. One mother I know has all the elastic pieces used in her children's clothing arranged to be slipped out before washing and slipped in afterward. Hooks and eyes are sewed at either end of the elastic pieces rather than on the clothing.

So much for the elastic. Now, I'd like to offer you a hint or two about buying sardines this Lenten season -- or any other season. This is information

from your friends, the Food and Drug experts, who, as I told you last week, are helping housewives to buy intelligently by being guided by the labels on food containers. Sardines are small fish of several species. Since they differ in size, the number of fish in each can varies. The label on the can will tell you whether the sardines are packed in mustard sauce, tomato sauce, or olive or cottonseed oil. If olive oil is not used they will probably say "salad oil." Have a look at the label to see that the sardines you buy are prepared as you prefer them. Sometimes the fish are smoked before canning, and then they are labeled kippered sardines.

Did you ever hear that sunlight shining on the bottle of milk may injure the flavor? Several housewives of my acquaintance have been complaining of a tallowy or even a burnt flavor in their milk. This may be caused by nothing more than exposure to light. Milk users who take advantage of the natural refrigeration provided by the cold weather and leave their bottles of milk standing in windows or other unsheltered places are likely to find that the flavor is impaired. If the bottle of milk stands for only half an hour in the sunlight it may acquire a tallowy flavor, sometimes described as "cappy" or pasteboard taste. A long time in the sun will produce a burnt flavor. If bottled milk is exposed to only such diffuse light as that on the north side of the building, the butterfat will be affected by the light and the milk will develop the tallow flavor.

If you are planning a pleasant informal company dinner for Sunday, with some relatives or other family friends who appreciate good food, I have just the menu for you. A menu that begins with veal shoulder roast and ends with a butterscotch cream pie. And that pie ought to call forth a whole chorus of "Ohs" and "Ahs" of pleasure at the first taste. The menu for this meal is: Veal Roast; Parsley potatoes; Creamed Cauliflower; Pickles or Relish; Pear and Grated Cheese Salad; and finally, that Butterscotch Cream Pie.

There is a recipe for veal shoulder roast in your radio recipe book on page 32. The stuffing is delightfully seasoned with onion and a little sage or thyme. Suppose you don't care for a roast with stuffing with this meal. Well, how about a loin roast, cooked until it is brown, tender and delicious? Pickles or relish served with it will add the necessary bit of tart flavor to the meat.

Color in foods has a lot to do with appetite and our pleasure in eating. Every meal looks twice as attractive if color is used successfully, especially contrast in color. This meal, which contains creamed cauliflower, boiled potatoes and pear salad -- all somewhat alike in color -- can be made twice as tempting in appearance if bright touches are added to liven it up and provide contrast. Light sprinklings of paprika may be added to any creamed vegetable. Chopped parsley makes the potatoes more tempting. The grated yellow American cheese added to the salad gives both color and a different and pleasant taste. Whenever a meal looks monotonous, think of color and see what can be done to make it more attractive. The Recipe Lady reminds me that pear salad, like every other salad, should be cold, crisp and moist but never wet. Drain the canned pears, chill them thoroughly and place on crisp slices of lettuce. Add French dressing and sprinkle with grated cheese.

The Butterscotch Cream Pie is made with just eight ingredients. The filling requires seven ingredients, and then, of course, pastry is needed for the crust.

I'll give you the ingredients now, all eight of them:

1 pint milk	2 tablespoons butter
1/2 cup flour	2 eggs
1/4 teaspoon salt	1/2 teaspoon vanilla, and
1 cup brown sugar	Pastry.

Once again (REPEAT):

Heat the milk in a double boiler, reserving 1/2 cup to mix with the flour and salt. Add this to the hot milk, stir until thickened, cover, and cook in the double boiler for 15 minutes. Meantime cook and stir the brown sugar and butter for 5 minutes, and add to the thickened milk. Stir this hot mixture slowly into the beaten egg yolks, and add the vanilla. Beat well. Pour the filling into a baked pastry shell (see Plain Pie Crust), let stand for a few minutes, and cover with a meringue made by adding 4 tablespoons of sugar and a few grains of salt and a drop or two of vanilla to the beaten egg whites. Spread over the top of the filling to the edge of the crust and bake in a very moderate oven (325 degrees F.) for 15 to 20 minutes or until the meringue is a light brown.

This butterscotch cream filling is also good served as a pudding with cream, or it may be used as a filling for cream puffs or tarts.

